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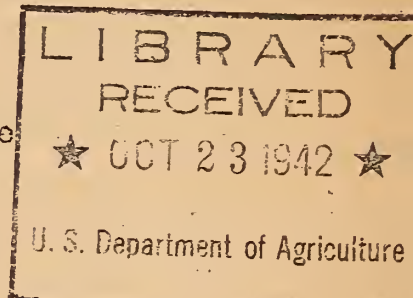
United States Department of Agriculture

RELEASE FOR PUBLICATION :
SEPTEMBER 2, 1942 :

WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

MAKE GOOD USE OF
THE FATS YOU SAVE



How extensively can kitchen fats be used as food?....When should they be turned in to processors to increase our glycerine supply? These are significant questions asked by many homemakers these days.

Answers lie in the fact that the important goal is to build up the country's total fat supply, according to Dr. Louise Stanley, chief of the Bureau of Home Economics, U. S. Department of Agriculture.

"By making good use in the kitchen of the fats we save from day to day, getting the most from them as a food, we lessen the burden on commercial stocks of fats," Dr. Stanley declares. "Every bit of fat we save and use for food helps. Use all you can for food and cooking - then turn in what is left."

Properly cared for, fats you save are good for several purposes in your regular cooking routine, points out Dr. Stanley. You can use them for seasoning, frying, cooking, and, in some cases, for baking. It goes almost without saying, of course, that the use of such fats is good home economics as well as national economics.

But fats are perishable....and those you save so carefully may turn rancid if you do not use them within a reasonable length of time. To prevent such waste, plan carefully your use of these fats. Here are some tips from home economists, U. S. Department of Agriculture, on how to do it.

DIFFERENT FATS AND THEIR USES

There are plenty of occasions when you can make good use of these fats. You can use them just as fats, or as fat and flavoring too.

Drippings from roasts and other cooked meats make flavorful fats for seasoning. Put them to use in ways that best suit the tastes of your own family. Use in gravies, for seasoning vegetables, in salad dressings, and on wilted lettuce. See if you don't like their good flavor in spoonbread.

You will need to clarify the drippings you use for baking purposes. For instance, you can clarify drippings from fresh pork and use the resulting product like lard.

Bacon drippings, one of the more abundant types of kitchen fats, are often used for shallow frying. As an example - you can use bacon fat for frying eggs, apples, chicken, cabbage, and liver and other lean meats. Bacon, sausage, and poultry fats may be used as the fat in cream sauces for vegetables as well as in gravy.

Fats trimmed from raw meat are good working material too. You can use them "as is" in various ways - directly for frying meats having too little fat for that purpose....in suet puddings....or in pastries. For instance, cut fat in little slivers and use it in meat pie crust. Then too, you can render the meat trimmings and use them as you would use any other fat.

Poultry fat is good for shortenings in cakes, biscuits, and other baking. Rendered suet and rendered fresh pork also make good shortenings....for pastry, and biscuits and other quickbreads.

MAKING FATS USABLE

To render any raw fat such as suet, and fats from poultry, pork, and lamb, heat it until it is liquid in order to separate the fat from the connective tissue. Because poultry fat is naturally soft you do not need to cut it before rendering,

but if the other fats are either ground or cut into small pieces the fat separates more quickly. A small amount may be heated in a double boiler. Cover, and stir the fat once in awhile. As soon as the fat is melted, strain it into a container that has a tight cover, and store it after it is cold.

Drippings with their characteristic flavor should be used where the flavor is desired. If you want it just "as fat," clarify it by mixing with water, using twice as much water as fat, and boil for 10 minutes. Stir well, and then leave it to cool. In the case of soft fats, this should be cooled in the refrigerator to give a solid cake.

Fats, other than this soft type, should form a crust over the top during the cooling process. When it is cold, lift off the layer of fat and scrape any dark material from the under side. The fat is then ready for storing. You can remelt it and pour it into a satisfactory container. Clarified fats do not keep as well as other fats, so use them quickly.

The fat used in deep frying needs special care. The particles of food that tend to collect hasten its spoilage, so such fats should be strained through double cheesecloth after each use to remove any food particles. Properly handled and kept in a cold place, this may be used many times for deep frying.

STORE THEM CAREFULLY

In order to keep well, fats must be stored properly. Put the fats that you save in clean containers with tight fitting covers and store in a cool, dark place. Store with as much care as you would store unused fats. Check up once in awhile to make sure they are not rancid....and be sure not to pour new fats into containers with fats that are rancid.

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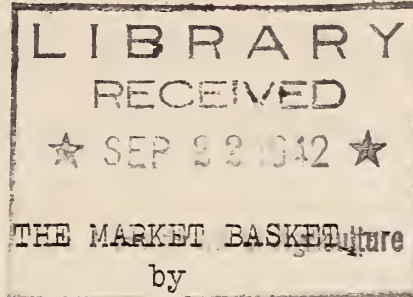
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United States Department of Agriculture

RELEASE FOR PUBLICATION :
SEPTEMBER 9, 1942



WASHINGTON, D.C.

Bureau of Home Economics, U.S. Department of Agriculture
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STORE YOUR SUMMER CLOTHES WELL
- - -

The days are shorter, the weather grows cooler, and summer is gone. It's time to put away your summer clothes for their annual "rest" - and this year be sure you do a thorough job of it.

Putting clothing away carefully during the seasons they are not worn keeps them in better condition, lengthens their life span. It pays to spend a little time to see that they are in good shape....ready to wear again on short notice.... and to store them well.

Plan your end-of-season routine to suit the kind of clothing you put away. Here are some tips from home economists, U.S. Department of Agriculture, to help you store summer clothes.

DRESSES, COATS, JACKETS

First, take stock. Check each dress, coat, and jacket carefully to see if it needs repairs. Mend any tears, snags, loose buttons, ripped seams, or other damage.

Look over washable dresses to see if they have any stains - if they do, try to remove them. Then tub these dresses thoroughly....and iron if you wish.... before you store them. You can put away these dresses in boxes or on hangers in protective bags.

See that non-washable dresses are clean, and hang them in garment bags that will keep out the dust. Close the fastenings on these dresses, as well as on any garment you store on a hanger, to help keep the garment in shape.

Laundry washable summer coats or jackets before you store them. If they are soiled, non-washable types need dry-cleaning. Put these coats or jackets on hangers, padded if possible and store in protective bags.

If the garment is all wool or partly wool, safeguard it against clothes moths and carpet beetles. After washing or dry-cleaning the coat or jacket, put it in a protective bag with paradichlorobenzene crystals, balls, or flakes in the pockets and a bag of these preventives hung over the neck of the hanger.

Seal or fold the edges of the bag so that moths or beetles cannot get in. Then hang the bag in a cool closet.

You may have some wool or part wool garments that are not soiled enough for laundering or dry-cleaning. If so, brush these coats or jackets thoroughly both inside and out - with particular emphasis along the seams because moths often deposit eggs in such sheltered places. Then air the garments well before storing. Store in the manner described above.

BATHING SUITS AND CAPS

Don't forget that your bathing suit needs care too, especially if it contains wool. Wash your suit in warm suds, rinse and dry thoroughly, and store in a box. If your suit is wholly or partly of wool, put moth crystals, balls, or flakes with it and either wrap the box well or seal it so moths or carpet beetles cannot get inside.

As for that bathing cap - it's double valuable now that there is a rubber shortage. Wash and dry your cap and put a little talcum powder or corn starch inside it before storing. Put it away in a cool dark place.

"ONCE-OVER" FOR SHOES

Give your summer shoes a "once-over" and a good cleaning before you store them. If they need repairing, it's best to have it done before putting them away - so they will be ready when wanted.

Put shoes on shoe trees and store them in boxes or in a shoe cabinet where they will be protected from dust. Store them in a dry place to discourage mildew. Also avoid too warm a place.

If you have any shoes made from material that contains wool, put moth crystals, balls, or flakes in the box with them. You can take the shoes out once in awhile to make sure they are free from moths. At that time you can also brush and air them as a further precaution.

STORE HATS WITH CARE

Pack turbans or little soft hats with no particular shape of their own several to the box - with tissues paper to protect the more fragile ones. Straw hats can be more easily damaged and need a little more attention. Take off any veils or fragile trimming first. Then place the hats - each in its own box - brim side down whenever possible and resting on loosely wadded tissue paper. Put some tissue paper inside the crown and some around the outside of the hat too.

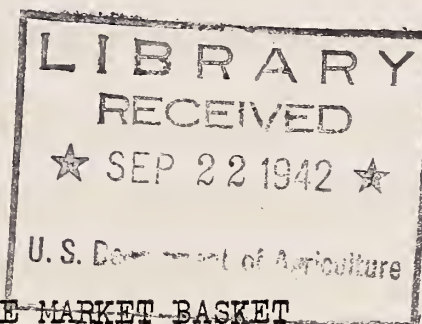
If there is room inside the box, you can pack the hat's veiling or loose ornaments with it. And lastly, put the hat box where it will not be moved around constantly.

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United States Department of Agriculture

RELEASE FOR PUBLICATION :
SEPTEMBER 16, 1942 :



WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration
U. S. Department of Agriculture

PLANNING MEATLESS MENUS

Prospects of meat rationing and meatless meals, to help in the war program, need not disturb the homemaker....not if she is resourceful. In fact, she may welcome the chance to try new dishes, or some the family doesn't often have.

As a rule, meat is a hearty dish around which a meal is built. So look for another food that "stays by you" when planning for meatless menus. A number of foods can do yeoman duty and there are many ways to serve them, say home economists of the U. S. Department of Agriculture.

THE GOOD IN MEAT

Many people think first of protein when they think of meat. It's true that meat is an excellent source of protein. In fact, half of the amount of protein we need is normally gained from meat and other animal sources - such as poultry, fish, eggs and milk products.

Protein is a "body builder." Most of our tissues, muscles, and organs are made of protein. Children need protein for growth, and both children and adults need it to maintain their body tissues.

However, meat has other food values besides its protein. For instance, meat is a source of niacin, a member of the vitamin B family. Niacin helps your nerves and your digestion, makes for a healthy skin, and also does a lot to ward off

pellagra. Another name for niacin is nicotinic acid (not the same as nicotine).

Meat normally supplies over half of the total niacin you get in your food.

Thiamine....also known as vitamin B₁, riboflavin....still another B vitamin, and iron are three more food values that you get from meat. However, you do not depend on meat for these values to the same extent as for niacin.

GETTING THIS GOOD IN OTHER FOODS

The question for meatless menu planning is how to get these food values into the day's eating. And one general rule to follow is - plan for variety. For instance, there is protein in food other than meats. Although the most efficient protein comes from animal sources, you are not restricted to meats. Remember when meat is not available, you can get this efficient protein from eggs, milk, and cheese, also from poultry, fish, and shell-fish.

Vegetables, such as peas and beans, and particularly soybeans give you protein too. However, remember that it takes more of the vegetable group, and in good variety, to equal any given amount of animal protein. Other sources of protein are nuts, peanuts, and grains - especially whole grains.

There is niacin in grain products, potatoes and green vegetables, and fruits as well as in meat. In the grain products group, whole wheat bread or cereals give you a particularly large amount of niacin. Enriched white bread and flour enter the picture too in giving you more niacin.

It is not difficult to get thiamine in your day's meals, even on days when you don't eat any meat, if you eat plenty of wholegrain foods. Aside from meat and grains, you also get thiamine from potatoes, the dry legumes, eggs, and leafy green vegetables. Also from many fruits.

As for riboflavin, good sources other than meat are milk products, eggs, and grain products - especially whole grain cereals. You get some riboflavin from vegetables and fruits too.

You also obtain iron in many foods besides meat. Cereals are a good source of iron, and so is whole wheat flour. Dry legumes, eggs, potatoes, leafy green vegetables, and fruits are additional sources of this food value.

PLANNING A MEATLESS MENU

By planning your menu carefully on meatless days, you can make sure that your family gets the right food value....and you can serve some interesting and tasty meals too. Here are two suggested menus for those days when you don't have meat.

BREAKFAST

Tomato or orange juice
Rolled oats and milk
Poached eggs on toast (whole wheat)
Milk
Coffee

LUNCH

Toasted cheese sandwich (whole wheat bread)
Baked apple
Peanut cookies
Milk

DINNER

Baked soy or lima beans and tomato sauce
Buttered green cabbage
Grated carrot salad
Hot gingerbread
Milk for children
Coffee

BREAKFAST

Orange juice
Whole wheat cereal with milk
Toast (enriched bread)
Milk for children
Coffee

LUNCH

Navy bean soup
Whole wheat bread and butter
Apple, celery and raisin salad
Cocca for all

DINNER

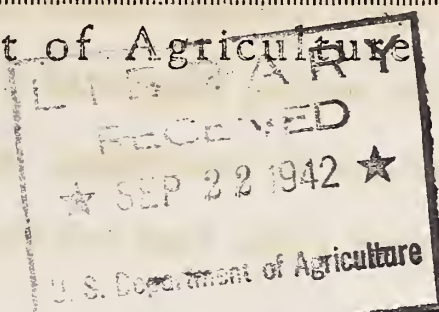
Tomato juice
Cheese souffle
Baked potatoes
Buttered spinach
Bread and butter (enriched bread)
Ice cream
Milk for children
Coffee for adults

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INFORMATION FOR THE PRESS

United States Department of Agriculture

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RELEASE FOR PUBLICATION :
SEPTEMBER 23, 1942 :
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WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration
U. S. Department of Agriculture

WHEN WAR WORKERS EAT OUT

Eating the right food for health and fitness can become a hit-or-miss matter in a war worker's life these busy days. That is, it can unless homemaker and war worker get together on planning and the war worker takes a share of responsibility for being well fed.

"If you eat one meal out and others at home, tell the person who plans family meals what the bought meals are like, so that anything lacking may be supplied at home," is the advice of home economists of the U. S. Department of Agriculture.

Whether a war worker works indoors or out, whether the job is in a factory or at a desk, there is need in the day's eating for the kinds of foods that make up a balanced diet. Most people are acquainted with the famous list of kinds of food needed each day—the Daily Eight, you might call them. A pint of milk for adults; a serving of oranges, tomatoes, grapefruit, raw cabbage or salad greens; a serving of green or yellow vegetables; two or more servings of other vegetables or fruits; a serving of lean meat, poultry, fish or sometimes dried beans, peas or nuts; an egg a day (or at least 3 or 4 a week cooked or in made dishes); two or more servings of whole grain products or "enriched" bread; and butter or other fats.

In a new U. S. Department of Agriculture publication, "When You Eat Out" the home economists suggest ways in which the homemaker and war worker can get these

Daily Eight into a good day's eating. Foods are the body's building and repair materials and fuel for the engine, they point out. Foods keep away some kinds of illness. But no one food can do everything, and it's wise to eat a variety.

Wherever a war worker eats, here are some of the suggestions for good shopping at mealtime:

When rushed at mealtime, that's the time to keep your head and think carefully what to buy.

When buying a meal get your money's worth—that means good nourishment for what you spend. The smart shopper learns to read both columns of the bill-of-fare, judging price and food side together.

And when you consider buying specials on the bill-of-fare, stop and ask yourself a question. How does this combination of foods fit in with my day's eating, my totaling up the Daily Eight? Bargains are fine, provided you don't fill up on one line of food and miss eating green vegetables or fruit, or milk.

Some people let food dislikes keep them from a complete round-up of the kinds of foods they need. Trying something new, or something not liked can be an adventure, say the home economists. To paraphrase the old saying: If at first you don't enjoy a food, try again. Eat a little. Try it served another way.

Here's a hint for cafeteria meal buyers: The early thinker gets the best planned meal, so before loading a tray, decide on a general plan for a good meal. If a line is long, and it's apt to be nowadays, there's all the more time to plan with your own needs in mind—especially if the cafeteria posts the food list where you can see it well ahead. If you have a meal plan in mind, it is generally easier to fit in something unexpected that looks especially good, when you file past the steam tables.

For the homemaker who packs lunch box or lunch pail meals, one important point to remember is that an active worker may need as much as a third of the day's food at lunchtime.

It is well worth the trouble it takes to pack a good lunch. The good manager can turn out a complete and satisfying meal. And that is what a lunch for war workers should be--complete and satisfying.

How-to-do-it suggestions include these:

Use "enriched" bread or whole wheat or rye, for sandwiches. Now and then vary the sandwiches by using rolls, corn bread, or biscuit. And for substantial fillings don't forget baked beans with or without catsup, eggs firmly fried or scrambled, fish, chopped liver, corned beef, peanut butter or peanuts ground up and mixed with top milk, cheese many ways. Be an inventor--think up new combination fillings, now and then. Also, get variety with seasonings. Salt and pepper make meat or egg sandwiches more tasty. Other seasonings include pickle, mustard, onion, catsup, horseradish, salad dressing.

For a packed lunch, one "must" every day is fruit. When fresh fruits are scarce, use dried fruit if that is available, or canned fruit in a small jar with a tight top.

The lunch packer who keeps the Daily Eight in sight or in mind will not overlook raw vegetables. You can get something crisp and added minerals and vitamins, all at once, by tucking in carrot strips, wedges of cabbage, celery, cucumber sticks, turnip sticks, pieces of cauliflower. Whole tomatoes with salt are good at lunchtime. And to eat out of hand, there is a range of possibilities in chunks of cheese or cold meat (wrap them well), or hard-cooked eggs with salt, nuts, cookies, cup cakes, turnovers.

A small thermos bottle makes it possible to carry hot or cold drinks of many kinds, from milk or other beverages to soup.

The more conscious the homemaker and her war working family members become of the Daily Eight foods that round out a good diet, the better are our prospects for being a well-fed nation.

Since quizzing is a popular diversion, the home economists have concocted a little quiz on daily eating. Try it and see how your strong and weak points line up:

Ask yourself—

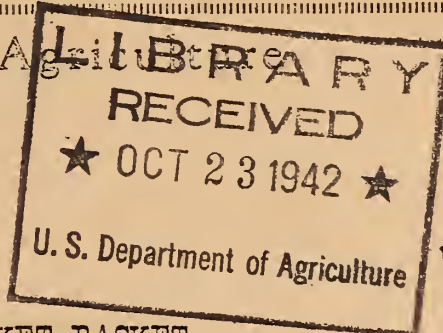
1. Which—if any—of the Daily Eight foods am I likely to skip?
2. Do I eat so much of one kind of food that other needed ~~kinds~~ are left out?
3. If something important is lacking in meals one day, do I make it up next day?
4. When I "eat" milk in custard, cheese, or other ways instead of drinking 2 glasses a day, do I get the pint or more needed?
5. Is there too little fruit in meals? Can I supply it at home?
6. When I eat between meals, how well do the extras help with the Daily Eight?
7. Do food dislikes keep me from a well-balanced day's eating?
8. Do I steer clear of food fads and fancies?

You can be proud of the strong points, revealed by these questions. The weak points are the ones to remember, when you plan your day's eating.

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United States Department of Agriculture



RELEASE FOR PUBLICATION :
SEPTEMBER 30, 1942 :

THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration
U. S. Department of Agriculture

BLITZING FOOD WASTE IN YOUR PANTRY

Wage a real "blitz" attack on food waste in your kitchen cupboards and other storage places this autumn. As war goes on, there is greater need to be alert against insects, mold, dampness, mice, and all the other saboteurs of the pantry.

One effective way to get all the good from food is to store it well until used, point out home economists of the U. S. Department of Agriculture. Put each type of food in the place it will keep best - in the right, and correctly cared for, cupboard, cooler, can, or jar. Then check once in awhile to make sure the food is ready for table duty when needed.

Sugar and spice are doubly precious these days. To store well, these foods need clean, tight containers that keep out dust, moisture, insects, and mice. Spices, coffee, and tea need containers tight enough to keep in prized flavors. When you open your cupboard door and get a spicy whiff of cinnamon or cloves - watch out. You can lose taste along with fragrance on the kitchen air. Keep spices in a cool place.

The best place to store flour is in a tight can, jar, or bin - to keep out light as well as moisture, mice, bugs, and dust. Clean these containers thoroughly before putting in new supplies of flour.

Bread will stay fresh longer, keep from molding in humid weather, if you wrap it in moistureproof paper and put it in the refrigerator. Otherwise, put your bread in a ventilated box. Cool home-baked bread before storing.

Cake, also, ought to be thoroughly cooled before you put it away. It needs its own well-covered box, ventilated if in a humid climate. Both bread and cake containers must be spotlessly clean to keep away mold. They need scalding, airing, and sunning regularly.

Crackers and crisp cookies soften if you store them with bread or cake. To keep them in the best condition, put these foods by themselves in clean, airtight tins or boxes. And if you have a cookie jar, make sure it has a tight fitting top.

According to a recent survey, American homemakers planned to put up over 3 billion jars of food, or about 50 percent more in this war year than recent peacetime years. Many homemakers this year are putting up vegetables and fruits from their own Victory Gardens. Whether you have a large array of canned goods on hand or only a few jars, you can't afford to lose a single jar.

Foods canned in glass need to be stored in a cool, dark place. . .light affects their color and vitamins. Keep tinned goods dry to prevent cans from rusting. Rust may eat through metal and cause the food within to spoil. If you have home-dried some of the produce from your Victory Gardens store these dried vegetables in tight, moisture-proof containers. And keep the containers themselves in a cool, dark, dry place.

The natural sugar in dried fruit keeps it from molding easily, but dried fruits, too, need protection against dust, moisture, and pests. As an extra precaution against weevils or worms, look over stored dried fruit once in awhile - especially if you still have warm weather.

Quick-frozen foods need a place in the freezing compartment of a mechanical refrigerator, to stay there until used. These foods must be kept frozen solidly - and even then, not held too long. Once thawed, frozen foods spoil quickly. Do not refreeze them.

Butter and cheese need to be cold for safe keeping. Also keep them well covered, so that butter will not take up odors and so that cheese will not share its strong odor with something else. Cottage cheese and other soft types should be used quickly. Hard, cured cheese may be kept longer if you wrap it well and store in a cold place.

Fats keep best when stored in clean, tightly covered jars or tins and put in a cool, dark place. Those you save to use again should be strained...and they need as much care as new fats.

